

3-Day Survival Pack

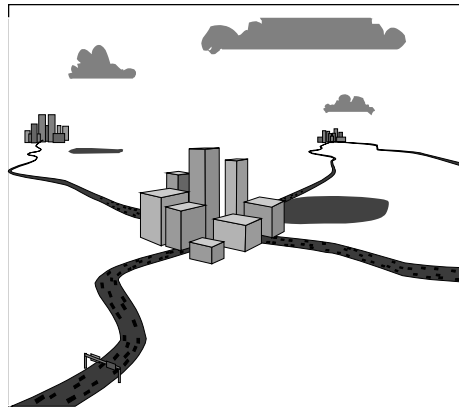
Prepare, in advance, a 33-gallon plastic trash barrel to store emergency supplies for yourself and members of your household. The barrel should have a tight fitting or latching lid to keep insects or household pets from disturbing your supplies.

Store the barrel in your garage or (better yet) in a backyard storage shed. Make sure your supplies will be accessible in an emergency. Store the barrel in such a manner that it will not easily tip over and spill or damage the contents.

Store your emergency supplies in the barrel, in quantities sufficient to meet the needs of your household for at least 72 hours. Store Items, as follows, in the barrel.

Bottom of the Barrel

Bedding: plastic sheets/tarp, sleeping bag, blankets. Eating Equipment: can opener, dishpan, disposable dishes and utensils. Clothing: one change per person. Infant Needs: if applicable. Personal Supplies: Good book, pencil/paper, toiletries and towel. Equipment: Axe, shovel, bucket, plastic bag liners. Fuel & Light: candles, matches and sterno.



Earthquake Prepare Before

The New Madrid Seismic Zone caused the three largest earthquakes in the continental United States in 811-12. While earthquakes in Alaska and Washington have been in the news the past two years, Southeast Missouri experiences over 200 tremors yearly that can be felt by residents.

An earthquake can be described as an "assault-with-no warning." Because a New Madrid Earthquake is unpredictable, it is important for citizens to take steps to educate and protect themselves from an earthquake.

The following are some safety tips you can do before, an earthquake along the New Madrid Seismic Zone.

Before:

- Identify safe spots and danger zones in each room.
- Consider buying earthquake insurance.
- Buy a 20-gallon garbage can to store drinking water, canned food, flashlights, first aid supplies, a battery operated radio, seasonal clothing and blankets.



Earthquake! *Drop, Cover and Hold!*

When you feel an earthquake, **DROP** under a desk or a sturdy table. Stay away from windows, bookcases, file cabinets, heavy mirrors, hanging plants, and other objects that could fall. Watch out for falling plaster or ceiling ties. Stay under **COVER** until the shaking stops. **HOLD** onto the desk or table. If it moves, move with it.

Here are some additional tips for specific locations.

If you are in a **HIGH RISE BUILDING** and not near a desk or table, move against an interior wall, and protect your head with your arms. Face away from windows. Do not use the elevators. Do not be surprised if alarms or sprinkler systems activate.

If you are **OUTDOORS**, move to a clear area, away from trees, signs, buildings or downed electrical wires and poles.

If you are on a **SIDE WALK NEAR BUILDINGS**, get into a building's doorway to protect yourself from falling bricks, glass, plaster, and other debris.



Survival Tips During / After the quake

During:

- If indoors – take cover under sturdy furniture or against an inside wall, hold on, "Drop, Cover and Hold." Stay away from the kitchen!
- If outdoors – stay there. Move away from buildings, streetlights and utility wires.
- In a high-rise building – take cover under sturdy furniture away from windows and outside walls. Stay in the building on the same floor. An evacuation may not be necessary. Wait for instructions from safety personnel. Do not use elevators.
- In a vehicle – stop as quickly as safety permits, and stay in the vehicle. Avoid stopping near or under buildings, trees, overpasses or utility wires.

After:

- Check for injuries to yourself and those around you.
- Be prepared for aftershocks.
- Wear sturdy shoes in areas covered with fallen debris and broken glass.

- If the electricity is out – use flashlights or battery operated lanterns.
- Check the main utility panel.
- If you smell gas or hear a hissing sound – open a window and leave the building. Shut off the main gas valve outside the building.
- If water pipes are damaged – shut off the water supply at the main valve.
- Check your home for structural damage. Check the chimney for damage.
- Clean up spilled medicines, bleaches, gasoline and other flammable liquids.
- Visually inspect utility lines and appliances for damage.
- Do not flush toilets until you know the sewage lines are intact.
- Open cabinets cautiously. Be aware of objects that can fall off shelves.
- Use the phone only to report a life-threatening emergency.
- Listen to the news reports for the latest emergency information.
- Stay off the streets - do not go sightseeing.
- Stay away from damaged areas, unless the proper authorities have specifically requested your assistance.

**For More Information Contact:
Your Local
Emergency Management Agency**

If you are **DRIVING**, slowly pull over to the side of the road and stop. Avoid overpasses, power lines, and other hazards. Stay inside the vehicle until the shaking is over.

If you are in a **CROWDED STORE OR OTHER PUBLIC PLACE**, do not rush for exits. Move away from display shelves with objects that could fall on you.

If you are in a **WHEEL CHAIR**, stay in it. Move to cover, if possible, lock your wheels, and protect your head with your arms.

If you are in the **KITCHEN**, move away from the refrigerator, stove and overhead cupboards. (Take time now to anchor appliances and install security latches on cupboard doors to reduce hazards.)

If you are in a **STADIUM OR A THEATRE**, stay in your seat or get under it if possible, and protect your head with your arms. Do not try to leave until the shaking is over. Then leave in a calm, orderly manner.

After an earthquake, be prepared for **AFTERSHOCKS**, and plan where you will take cover when these occur.

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It may also become your “go kit” if you need to leave your home.

- Know where and how to shut off all utilities.
- Be sure your house is firmly anchored to its foundation.
- Anchor overhead lighting fixtures.
- Store bottled foods, glass, china and other breakable items on low shelves or in cabinets that can fasten shut.
- Place large or heavy objects on lower shelves.
- Fasten shelves to walls. Brace high and top heavy objects.
- Repair defective electrical wiring, leaky gas and inflexible utility connections.
- Securely fasten water heaters and gas appliances.
- Educate your children about earthquake safety.
- Keep some cash on hand, banks may not be open and businesses may not be able to immediately accept credit cards for purchases.
- Establish a savings account for post catastrophic expenses that aren't covered by your earthquake insurance policy. These expenses may include higher deductible, repair or replacement claims that exceed your policy limits.

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Other equipment: eye dropper, liquid chlorine bleach, and water purification tablets. Money.

Middle of the Barrel

Food: 3-day supply of food requiring no refrigeration. Date all food items and rotate stock as required to maintain freshness. Write out a menu for each day. Example: Bottle of multi-vitamins, Canned fruit juice, Canned tuna or pork and beans, (1/2 lb./person), Dried fruit (1/2 lb./person), Graham crackers (1/2 lb./person), Nonfat dry milk (1/2 lb./person), Peanut butter (1/2 lb./person). This supplies daily 2100 calories and essential nutrients.

Water: 1-gallon per person per day. Store water separately in sealed containers.

Top of the Barrel

Flashlight, Pocket or Utility knife, Radio with spare batteries, and medications prescribed by doctor. First Aid Kit including: Drugs, Antibiotic Ointment, Aspirin Tablets (5 grain), Kaopectate, Bandages, Ace bandage, plastic strips, large triangular, Butterfly bandages, Adhesive tape, 2" wide roll, Cotton-tipped swabs, Gauze pads (4" x 4"), Sterile absorbent cotton, Sterile gauze bandages, 2" & 4" wide rolls, Misc. First Aid handbook Petroleum jelly, Rubbing alcohol, Tissues, Tweezers, Thermometer, Scissors

If you have a tent, store it near your three-day survival pack. If your house is severely damaged during the earthquake, your tent may be your only shelter.

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